



the beauty club

pamper yourself
all year round for only
£50 a month

We at the Macdonald Holyrood are proud to introduce you to the beauty club.

The club allows you to experience unique beauty treatments from Decleor, Organic Elements, Royal Effem Make-up, Jessica Nailcare, Face Bake and St Tropez Tanning.

Only the best treatments are available at the Beauty Club - we are not prepared to compromise, and neither should you.

The club allows you to save up to £180 on beauty treatments from the finest therapists over the year. For only £50 per month, you are entitled to £65 of luxury treatments in the privacy of our relaxing beauty rooms, receive an exclusive beauty gift from Decleor, have full use of the facilities before or after your treatments + receive special offers and discounts throughout the Spa and Hotel.

Just call **0131 528 8181** today to join this exclusive club and remember you do not have to be a leisure club member to join the beauty club.

Join the Vital Health, Fitness & Beauty Club at the Macdonald Holyrood Hotel.

We aim to relax, rejuvenate and restore your feeling of well-being by delivering luxury treatments and giving quality personal skincare advice.

Each month you will receive the following:

- £65 worth of beauty treatments for £50 (maximum of 3 treatments per month)
- 15% off all additional treatments booked
- Free use of all leisure facilities including swimming pool, sauna, steam room & gym (on day of treatment)
- 10% off all skincare and make-up purchases
- Complimentary beauty gift from Decleor
- Advance notice of special events

Join Now - no joining fee to pay. Ask one of our Beauty Therapists for an application form and start enjoying savings on the treatments from the day of joining.

Spa opening times 9am - 8:30pm Monday to Friday.

*Beauty club valid Monday to Friday.

don't you deserve
to be pampered?

let us look after you!

for further information call 0131 528 8181
or email leisure.holyrood@macdonald-hotels.co.uk

the beauty club





the ultimate organic skin care product

Day after day the skin reveals the signs of damage caused by the environment around us: residues of pollution, make-up and impurities.... The skin is unable to breathe and your complexion becomes pale and dull, treatments are less and less effective.... The days seem too short and busy to devote a few minutes to removing make-up and polluting agents.

Only complete cleansing morning & night ensures healthy, youthful skin and that your skin is free from all toxins and impurities. Organic Elements (Oe) cleansing is an effective beauty treatment. The treatment programme always begins and finishes with simple, enjoyable gestures, resulting in a pleasant way to start and end every day, and leaving you with a gratifying feeling as it lifts away those things that oppress us.

Here are a few of the reasons why we have brought Oe to you at The Holyrood

- Conceptual lifestyle skincare brand
- Global patents
- Micro encapsulated active ingredients released only at the moment of use
- Certified organic ingredients, the effectiveness of which has been proven by the Medical University of Pavia, Italy
- Featured in many consumer magazines such as Vogue, The Times, Daily Mail, Harpers and Queen, Glamour Magazine, She and many many more
- Professional computerised skin analysis measuring moisture and elasticity
- Result driven treatments designed to be individual every time
- Exclusive products and treatments to The Spa at the Holyrood, Edinburgh

enjoy your face

de-stressing and de-toxifying

midweek w/end

£47.00 £52.00

45 mins

easy pureness

immediate purity - purifying treatment for oily and impure skin

£47.00 £52.00

60 mins

emotional balance

constant balance - treatment for skin prone to acne

£47.00 £52.00

70 mins

emotions away

delicate emotions - de-sensitising treatment for sensitive skin and redness

£47.00 £52.00

60 mins

exceptional menu

dry skin treatment

£47.00 £52.00

45 mins

embracing waters

treatment for dehydrated skin

£47.00 £52.00

60 mins

eluding time

treatment for first wrinkles

£47.00 £52.00

60 mins

experience new vitality

anti-time experience - treatment for deep wrinkles

£47.00 £52.00

60 mins

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please note all times stated are approximate

www.macdonald-hotels.co.uk/holyrood

www.oe-cosmetics.it



organic elements for the face



spa days

the journey of our spa days

Your journey will start with a warm welcome from our leisure and beauty staff who will then take you on a tour of our luxury leisure and spa facilities.

You will then be advised of your treatment itinerary and given slippers and a soft cosy robe to relax and enjoy your day in.

- Arrival will be 10am. Fresh tea & pastries will be served.
- Treatments will be spread throughout one day (depending on package)
- Healthy 2 course lunch served on the Butler floor
- Full use of leisure facilities

Throughout the day you'll have time to take the plunge in our 14m heated swimming pool, relax in the sauna and steamroom or for the more committed sweating it out in our state of the art gymnasium. You will also have full use of our relaxation suite with complimentary iced water and a selection of magazines to read in comfort.

The Decleor Retreat

£99.00

Skin consultation.
Decleor mini - facial.
Decleor back, neck and shoulder massage.
Healthy 2 course lunch.
Decleor face and body travel kit to take home (7 products).
Use of all leisure facilities.

Relax

Mon - Thurs £69.00

Fri - Sun £89.00

Skin consultation.
Relaxing body massage.
Revitalising facial.
Healthy lunch.
Use of all leisure facilities.

Indulge

Mon - Thurs £145.00

Fri - Sun £165.00

Hot stone therapy massage.
Facial.
Manicure.
Healthy 2 course lunch.
Use of all leisure facilities.

One Night Beauty Break

available from £185.00pp

Arrival 3pm.
Luxury accommodation.
Relaxing Body Massage.
Dinner in Opus 504.
Full Scottish Breakfast.
Revitalising Facial.
Mini Manicure or Hydrotherapy Spa Bath.
Use of all leisure facilities.

Hen Packages available on request

- Deposit is non-refundable within 14 days of booking date
- Full payment is required 7 days prior to booking date of which is non refundable
- Within 7 days of booking date 100% cancellation fee is required

To avoid disappointment we recommend you pre-book any additional treatments you or your party require.

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spa days



smooth finish

caci non surgical face lift - instant results!

Face

Lifts and tones contours reducing fine lines and wrinkles.

£40 - course of 10 £348
60 mins
per treatment

Legs, Thighs and Bottom

Lifts and tones those problematic areas, and helps to reduce cellulite.

£32 - course of 10 £270
30 mins
per treatment

Eyes

Reduces puffiness and fine lines.
Lifts and tones this tender area of the face.

£36 - course of 10 £280
45 mins
per treatment

Universal Contour Wrap

Inch loss using warm rich sea clay.
Reduces cellulite and rids the body of toxins.

£50 - course of 5 £200
120 mins
per treatment

G5 Treatment

Deep mechanical massage breaks down fatty deposits and improves cellulite.
Also excellent for reducing muscle tension.

£30 - course of 10 £250
30 mins
per treatment

hand & foot therapy

Champagne Manicure

60mins w/day £38.00 £42.00

French Manicure

60mins w/day £32.00 £36.00

Deluxe Manicure

60mins w/day £30.00 £35.00

File & Polish

30 mins w/day £15.00 £18.00

Deluxe Pedicure

60 mins w/day £30.00 £35.00

Aroma Foot Relief

30 mins w/day £26.00 £30.00

Hot towels impregnated with essential oils and warm massage balm are combined with unique movements to relax and relieve your feet.

the smooth touch

		w/day	w/end
Full Leg/Bikini	60 mins	£29.50	£32.00
Full Leg Wax	45 mins	£22.00	£24.50
1/2 Leg Wax	30 mins	£17.50	£20.00
Bikini Line	15 mins	£11.00	£13.00
Under Arm	15 mins	£11.00	£13.00
Upper Lip/Chin/Eyebrow	15 mins	£8.00	£10.00
Swimmers Wax	60 mins	£27.50	£30.00
1/2 leg, under arm & bikini line			

It is advisable not to have a heat treatment, i.e. sunbed, sauna, steam, before or after waxing.

the finishing touch

Make over - Special Occasion	45 mins	£30.00
Make up Tuition	60 mins	£40.00
Bridal Make Over (includes trial)	2 x 30 mins	£45.00

		w/day	w/end
Eye Lash Tint*	20 mins	£10.00	£12.00
Eye Brow Tint*	15 mins	£6.00	£8.00
Eye Lash Tint/ Eye Brow Tint*	45 mins	£13.00	£15.00

*Tint test is required 24 hours prior to treatment.

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smooth finish





vital therapy for men

Vital treatments offer you a unique way of easing stress and keeping you at your best. They have been carefully designed and selected for men. Your therapist can help you choose the right treatment for you.

Vital Massage Therapy

Choose from a deeply relaxing treatment using aromatherapy essential oils, or an invigorating massage finished off with cooling gel.

		w/day	w/end
Express Reviver	30 mins	£27.50	£32.00
Stress Buster	60 mins	£45.00	£50.00
Ultimate Relaxer	90 mins	£65.00	£70.00

Massage with Hot Stones

Deep tissue massage for relaxation and to rebalance your energies.

£75.00
90 mins **£80.00**

Purifying Back Treatment

Deep cleansing treatment with purifying mask and relaxing massage.

£38.00
45 mins **£42.00**

Hydrotherapy Spa Bath

Under water body massage from neck to toe with essential oils to help relax your muscles and energise your body.

£15.00
30 mins **£20.00**

The Vital Facial

Deep cleansing, exfoliating treatment which leaves your skin soft and revitalised.

£45.00
60 mins **£50.00**

Mini Facial

An express treatment to give your skin an instant boost.

£32.00
30 mins **£36.00**

Vital Eyes		w/day	w/end
Suffer from puffy and sensitive eyes? Combat these effects with this calming and revitalising treatment to soothe and refresh.		£32.00 30 mins	£38.00

Hopi Ear Candles

A deeply cleansing and relaxing experience designed to alleviate common ear, nose and sinus problems.		£40.00 45 mins	£45.00
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Vital for Hands & Feet

First impressions count!! A deep cleansing treatment for hands and nails. Have your nails trimmed and cuticles tidied, and finish off with a reflex zone massage.

		w/day	w/end
Express Manicure	30 mins	£16.50	£20.00
Vital Manicure	45 mins	£20.00	£24.00
Vital Pedicure (incl. Warm foot spa + heated booties)	60 mins	£26.00	£30.00

Waxing for Men

15 mins	£9.00	£12.00
30 mins	£18.00	£24.00

The Vital Combination

Take time out! The Vital combination offers a back and scalp massage, express manicure and a Vital cleansing massage and mask for the face. Recharge your energies and refocus your mind.

	w/day	w/end
120 mins	£75.00	£80.00

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vital therapy

for men



face therapy

The following treatments and therapies have been created to assist in restoring balance and well - being in your life. To ensure we have the time to look after you we would recommend you phone us so we can reserve a treatment room exclusively for you.

Please call **0131 528 8181**

Aromaplasty

'Aromaplasty Classic' Aromatic Facial; deep cleansing relaxing treatment adapted to suit skin types.

w/day

£45.00
60 mins

w/end

£50.00

Harmony Extreme

Aroma Expert Soothe Aromatic Facial; soothes, relaxes and smoothes the most sensitive of skins.

£45.00
60 mins

£50.00

Evidence

Aroma Expert Lift Aromatic Facial; anti-ageing skin care that will tone, renew and relax.

£45.00
60 mins

£50.00

Nutri-Source /Nutrivial

Aroma Expert Nourish Aromatic Facial; deliciously nourishing for dry and dehydrated skins.

£45.00
60 mins

£50.00

Regulating

Aroma Expert Purify Aromatic Facial; increase skin radiance with a mattifying finish for oily or combination skin.

£45.00
60 mins

£50.00

White

Aroma Expert Radiance Aromatic Facial; whitening and brightening for dull or pigmented skin.

£45.00
60 mins

£50.00

Aroma Massage Pure Indulgence = total relaxation	w/day £30.00 30 mins	w/end £35.00
Eye Reviver Suffer from puffy and sensitive eyes? Combat these effects with this calming and revitalising treatment to soothe and refresh.	£32.00 30 mins	£36.00
Bronzing Facial A mini-facial, finishing off with an application of self tan to leave your skin with a natural glow.	£34.00 30 mins	£38.00
Mini Facial An express treatment to give your skin an instant boost.	£32.00 30 mins	£36.00
Tranquility Treatment Indulge in complete relaxation for the scalp, neck and shoulders.	£32.00 30 mins	£36.00
Hopi Ear Candles A deeply cleansing and relaxing experience designed to alleviate common ear, nose and throat problems.	£40.00 45 mins	£45.00

Continue your face and skin regime at home by using the full range of Decleor or Oe products available from your Beauty Therapist.

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face therapy



body therapy

	w/day	w/end
Body Massage Relaxing or invigorating treatment to suit your personal needs.	£27.50 30 mins	£32.00
	£45.00 60 mins	£50.00
includes face, scalp and feet	£65.00 90 mins	£70.00
Decleor Aromatic Massage RELAX, DETOX, FLOW AND TONIC. Each one designed for your own personal needs. An effective body treatment using warm aromatic balms to melt away all your tensions.	£45.00 60 mins	£50.00
	£65.00 90 mins	£70.00
Massage with Hot Stones Deep tissue massage for relaxation and to rebalance your energies.	£75.00 90 mins	£80.00
Aroma RELAX Body Envelopment This treatment rehydrates and brightens your skin whilst you are cocooned in a warm blankets.	£42.00 60 mins	£45.00
Aroma DETOX Body Envelopment Drains away toxins and breaks down fatty deposits with the use of re-mineralising sea algae, leaving your skin smooth and soft.	£42.00 60 mins	£45.00
Aroma FLOW Body Envelopment This stimulating and invigorating treatment improves circulation and eliminates muscular tension.	£42.00 60 mins	£45.00
Aroma TONIC Body Envelopment A treatment that offers comfort and intense firming and toning to your skin.	£42.00 60 mins	£45.00

Perfect Contour	w/day	w/end
This intensive treatment targets stubborn areas of cellulite as the active marine algae and essential oils work to drain impurities.	£35.00 30 mins	£38.00
Body Polish		
Exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft.	£30.00 30 mins	£34.00
Decleor Self Tanning		
Develop a natural golden glow from top to toe without using UVA and UVB rays. Includes an all over body exfoliation.	£38.00 60 mins	£40.00
Fake Bake / St Tropez all over body tan		
Develop a natural golden glow from top to toe without using UVA and UVB rays.	£38.00 60 mins	£40.00
Reflexology		
Ancient massage therapy on the soles of your feet, which helps to restore well-being.	£42.00 60 mins	£45.00
Purifying Back Treatment		
Deep cleansing back treatment.	£30.00 30 mins	£35.00
Aroma Back Relief		
Cleansing and relaxing massage treatment.	£38.00 45 mins	£42.00

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body therapy

